

September 2011 Urbana Senior Center Meal Menu

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www.FrederickCountyMD.gov/doa

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>The meal is served at Noon. Reservations must be made at least 48 hours in advance. \$4.80 per person per meal. Milk, juice, coffee, and tea, and bread are available each day. Menus are subject to change.</p>				
<p>Check out our new hours!</p>			<p>1 Pickled Beet Salad Lemon Dill Cod Cakes Red Beans and Rice Mixed Vegetables Diced Fresh Fruit</p>	<p>2 Center is Closed</p>
<p>5 Closed Enjoy the holiday</p>	<p>6 Caesar Salad Rigatoni with Mushroom Capri Blend Vegetables Pears</p>	<p>7 Fruited Gelatin Salad Turkey Stew Biscuits Succotash Peach Cobbler</p>	<p>8 Tossed Salad Florentine Chicken Baked Beans Zucchini Diced Fresh Fruit</p>	<p>9 Center is Closed</p>
<p>12 Turkey Vegetable Soup Cuban Pork Roast Steamed Rice Lima Beans Diced Fresh Fruit</p>	<p>13 Mixed Salad Greens Lasagna Vegetable Cauliflower Pear Halves</p>	<p>14 Roast Turkey Mashed Sweet Potatoes Sauerkraut Mélange of Vegetables Mandarin Oranges</p>	<p>15 Carrot Raisin Salad Fish du Jour Au Gratin Potatoes Yellow Squash Sliced Peaches</p>	<p>16 Center is Closed</p>
<p>19 Tomato Cucumber Salad BBQ Chicken on Roll Five Cheese Macaroni Roasted Zucchini Mandarin Oranges</p>	<p>20 Picnic at Monocacy Park Center opens at 4:00</p>	<p>21 Brunch: Omelet Bar Omelets made to order Other Brunch Items</p>	<p>22 Spinach Salad Hawaiian Glazed Ham Roasted Sweet Potatoes Green Beans Applesauce</p>	<p>23 Center is Closed</p>
<p>26 Mixed Salad Greens Beef Stew Roasted Squash Peaches with Cranberries</p>	<p>27 Country Fried Steak Mashed Potatoes Sage Stuffing Southern Green Beans Mandarin Oranges</p>	<p>28 Spinach Salad BBQ Ribs Baked Sweet Potatoes Lima Beans with Tomatoes Diced Fresh Fruit</p>	<p>29 Chicken Pasta Casserole Peas Stewed Tomatoes Peaches</p>	<p>30 Center is Closed</p>